



SUMMER WELLNESS GUIDE 2024- STUDENT EDITION



This guide has been created in collaboration with Youth S.P.A.C.E Student Leaders

The following resources are not intended as a substitute for the advice of a Trained Mental Health professional. *If you or someone you know is in a crisis situation, please call **310-COPE** (1-855-310-COPE (2673)) or proceed to your nearest emergency room or call 911*

Helpline &
Chatlines

Walk-ins &
Drop-Ins
(in-person and
virtual)

Summer
Camps,
Groups and
More

Helpful Apps

Looking for more resources? Visit our [Full Guide](#)



Mental Health!

It's something we all have, yet sometimes it can be hard to talk about mental health and the challenges we may be facing. Many of the resources in this guide are free, private and confidential. If you or someone you know is experiencing a mental health challenge, we want you to know that help is out there.



[No Problem Too Big or Too Small: student help-seeking resource](#)

Sometimes it can feel like we have the weight of the world on our shoulders. This resource lets us know that there is no problem too big and help is available.

Some words from our students ...

“Be kind to yourself”

You matter, being kind to yourself through your self talk and actions is one way to stay well over summer and all year round...

- [Helplines & Chat lines- Free, private and confidential](#)
- [Virtual Supports and Walk-ins](#)
- [Summer Camps, Groups and More](#)
- [Helpful Apps](#)





YRDSB Mental Health

Helplines & Chat lines- Free, private and confidential

- [CMHA York Region and South Simcoe](#): **1-866-345-0183**

Monday to Friday from 8:30 a.m. to 4:30 p.m



- [YorkHills](#): **905-503-9561**

"Here to Help" phone line, Monday to Thursday from 2 -7 pm.



- [Naseeha](#): **1-866-627-3342**, Provides anonymous, non-judgmental, confidential and toll-free peer support to Muslim and non-muslims callers.



- [Hope for Wellness Helpline](#): **1-855-242-3310**, Offers immediate help to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week.

- [LGBT Youthline](#): **1-800-268-9688**, Confidential and non-judgemental peer support through telephone, text and chat services. Sunday to Friday, 4:00 PM to 9:30 PM.



- [Black Youth Helpline](#): **416-285-9944/1-833-294-8650**, Serves all youth and specifically responds to the need for a Black youth-specific service. Telephone, text and chat services. Sunday to Friday, 4:00 PM to 9:30 PM.



- [Good2Talk](#): Confidential support services for ages 17 to 25, Toll-free: 1-866-925-5454 or text GOODTOTALKON to 686868.



Kids Help Phone now offers free 24/7 wellness support for young people across Canada, over the phone (starting in English) in Ukrainian, Russian, Pashto, Dari, Mandarin and Arabic through an interpreter.

Call 1-800-668-6868 and press 3 to get support.

Kids Help Phone 



[Kids Help Phone](#)

1-800-668-6868, provides support for children and youth via [text](#), [phone](#), [live chat](#), the [always there app](#), and online resources. Available 24/7



YRDSB Mental Health

- [Mental health support: Get help:](#) **1-866-585-0445** or text **WELLNESS to 686868 for youth and 741741 for adults**. Free and confidential mental health and substance use support is available 24 hours a day, 7 days a week from Wellness Together Canada.
- [What's Up Walk-in:](#) **1-866-585-6486**, Telephone or video sessions Monday to Friday, 9 AM – 7 PM, Saturday 10 AM – 4 PM (last sessions at 3 PM).
- [Youthlink:](#) **416-967-1773 ext 222**
Counseling hours vary. Visit the service provider website for additional information
- [408-HELP LINE:](#) **416-408- 4357**
Distress Centers of Greater Toronto, 24 hours a day, 7 days a week
- [Multilingual Distress Lines:](#) **905-459-7777**
Monday to Friday - 10 am to 10 pm, Available in **English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.**

Whenever you need to talk, we're open.

- Text 686868 (youth) or 741741 (adults)
- KidsHelpPhone.ca/Rise
- Call 1-800-668-6868
- Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone

We're here for the Black community and all people of the Afro-diaspora. Connect with a crisis responder 24/7 by messaging RISE over text or Facebook Messenger



Kids Help Phone 

Whenever you need to talk, we're open.

- KidsHelpPhone.ca/Indigenous
- Text 686868 (youth) or 741741 (adults)
- Call 1-800-668-6868
- Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone

Indigenous people can connect with an Indigenous volunteer crisis responder when available by messaging FIRST NATIONS, INUIT or METIS over text or messenger.



Kids Help Phone 



YRDSB Mental Health

[One Stop Talk: 1-855-416-8255](#)

- Accessed through web chat or by calling
- Monday to Friday from 12PM to 8PM, and Saturday from 12PM to 4PM EST.
- Children and youth 18 years old and younger.
- Free counseling by registered and culturally diverse therapists who also connect to longer term local support.

[Women's Support Network: 1- 800- 263- 6734](#)

Staffed by trained volunteers and WSN staff

Operates 24 hours a day, 7 days a week, 365 days a year

Emotional support, information, resources, referrals, grounding techniques and more

- **Online and Text Chat: 647 694 2818**
- Wednesdays - Saturdays from 3-9PM
- Staffed by trained volunteers and facilitators: emotional support, information, resources, referrals, grounding techniques and more

Virtual Supports and Walk-ins in York Region

[Family Services York Region](#), Virtual Walk-In is an opportunity for you to speak to a therapist the same day or the next day. Mondays, Tuesdays and Thursdays from 10 am to 5 pm (excluding holidays).



[Women's Support Network](#): Inclusive, and free Virtual Drop-In Support every Tuesday from 4-7 PM. Virtual drop-in support is designed to support survivors and those at risk of sexual violence and/or human trafficking who are not currently receiving ongoing support or who are on waitlists to receive ongoing support.

[Women's Support Network of York Region Events | Eventbrite](#)





YRDSB Mental Health

[YSSN Single Session Counseling](#): Single Session Counseling. Visit [YSSN](#) to register and learn more.

[360°kids "Let's Chat!" Virtual Walk-in Clinic](#): Brief Virtual Counseling Service is available to all young people, ages 13–26 years old who reside in York Region. View our [online calendar to book your virtual appointment](#) with a counselor. Alternatively, give us a call at 416-574-6372 for further information.



[Hong Fook Mental Health Association](#): Free single-session counseling service for young people ages 12 to 25 and their families. **Counseling can be offered in Cantonese, English, Korean, Mandarin, and Tagalog.** For more information please call 647-534-8493 or email counselling@hongfook.ca to schedule your phone or video counseling session.



[MOBYSS](#): (Mobile York South Simcoe) Offers a safe space to talk to a medical or mental health professional in a warm, welcoming, friendly environment. They offer sexual health services among other services.



[YorkHills](#): Walk-in Counseling Clinic: Mondays and Tuesdays. 2 pm to 8 pm with the last appointment accepted at 6:30. Located at 10350 Yonge Street 4th Floor in Richmond Hill. Teens aged 12 and up may access this service independently. Contact 905.503.9560 for more information.



Helpful Apps

[MindShift](#): Mobile app from Anxiety Canada is designed to help teens and young adults cope with anxiety.

[Foundry](#) is a BC-based resource for teens and young adults that provides tip sheets, videos and quizzes on mental health.





Summer Camps, Groups and More

Doane House Hospice: Free Children's Grief Art Therapy Camp: Imprints on our Hearts

- Monday, July 8: Feeding Flowers: 9:00- 11:30 (Ages 6-9), 1:30- 4:00 (Ages 10-12)
- Tuesday July 9: Hero's Journey : 9:00- 11:30 (Ages 6-9), 1:30- 4:00 (Ages 10-12)
- Wednesday July 10: Memory Making : 9:00- 11:30 (Ages 6-9), 1:30- 4:00 (Ages 10- 12)
- Please Register by calling Doane House Hospice at 905-967-0259 or email: cpfennig@myhospice.ca [Click here for the flier](#)

Recreation Subsidies: York Region offers subsidies for recreation programs, day camps and youth overnight camps.

Newcomers' Health and Well-Being: Provides mental health and primary care services to newcomers 12 years of age or older in York Region and South Simcoe who have physical and mental health concerns.

Youth Wellness: Supportive counseling services for youth in the areas of York Region and South Simcoe. This service is provided in person or virtually. Individuals may self-refer through the Central Intake department 1-866-345-0183 ext. 3321)

York Region Libraries and Resource Centres: Libraries and Resource Centres house a wide variety of programs and health information resources.

- [Moksha Canada Foundation](#): Mental health and wellness supports and resources to all youth, especially newcomers and racialized youth (16-24 years) in the York Region and all GTA.
- [Fuerza Latina Service Youth Mentoring Program](#): Youth Leadership Program aims to expand our participants' capacity to perform in leadership roles by improving their skills, abilities and confidence.
- [York Region Event Listings Calendar](#): Things to do in York Region and the surrounding area this summer





YRDSB Mental Health

[Explore and Learn: Mental Health Information and Resources](#)

- [No Problem Too Big Or Too Small](#): A help-seeking resource for students.
- ["12 Instant Stress Busters" with Kids Help Phone](#):
- [Kids Help Phone](#)
- [Free Mental Health Counseling](#)

Looking for more resources? Visit our [Full Guide](#)